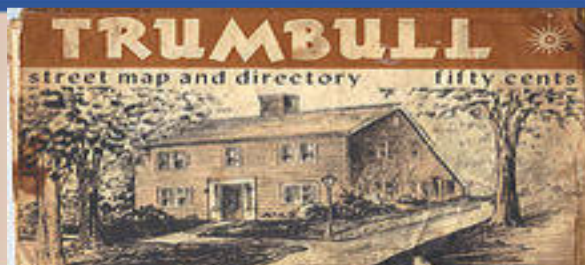




THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

JULY 2018

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5144

Administrative Assistant

Ashley Ryan Grace (203) 452-5199

Senior Center Receptionist

Jeannie Franco (203) 452-5199

Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

Food Pantry

Monica Vallejo (203) 452-5135

First Selectman

Vicki Tesoro (203) 452-5005



The Center will be closed in observance of
Independence Day, Wednesday, July 4th.

Big thanks to
**Blackrock Congregational
Church "Love Day"** for
volunteering to clean up our Bocce
Court, plant flowers, and clean up
the patio!

Join us for a fun game of Bocce
Ball every Monday at 9:00 AM.



Membership Renewal

Trumbull Senior Center
membership renewal is now due
as of July 1, 2018.

All current members and new
members are required to fill out a
new membership application.
Drop it off or mail it with your
payment to:

Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

CENTER HOURS

Monday through Friday
9:00 AM—4:00 PM

The Dining Room

Tuesday, July 3th

Suggested Donation \$3.25

**Cucumber Tomato Salad,
Hot Dogs, Macaroni Salad,
Corn on the Cob, Italian Ice**

Reservations must be made (2) days
in advance by

calling 203-378-3086

Music played by **DJ Al Song!**

Alternative Menu:

Chef Salad: carrots, cherry tomatoes,
spring mix, cucumbers, cheese and
low sodium turkey breast.

(Egg salad and tuna are substituted.)

2018 Trip Presentation

with our very own, Jeannie Franco

Monday, July 16th

11:00 AM

Join Jeannie Franco,

Trip Coordinator at the Center, for
an exciting presentation to discuss all
of our upcoming trips for the
remainder of 2018 in addition to our
upcoming 2019 trips. Membership
is not required. Friends and family
are welcomed to attend. Spots will
fill up quickly; please RSVP as soon
as possible to reserve your seat.

To RSVP, call (203) 452-5199.

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- Meal prep, shopping, light housekeeping
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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Glass Etching Class with Michele

**Wednesday, July 11th
11:00 AM**

Not a big crafter but want to make something personalized for friends or family? Join Michele Jakab and learn a simple craft that anyone can do. Learn how to etch glass! Tools are not required; supplies included. We will be using sticker stencils. If you have a favorite design, please bring it with you. You will go home with three simple projects. \$4.00 per person. To RSVP, please call (203) 452-5199

Lunch and Learn Genealogy

**Wednesday, July 11th
12:00 PM**

Have you always been interested in learning about your family history? Join us for an informative presentation about genealogy and stay for lunch. This program is being sponsored by Right at Home. For more information and to RSVP, please (203) 452-5199.

Veteran Benefit Screenings Tuesday, July 17th

12:30 PM

Ramon Augusto, from Connecticut Department of Veterans Affairs, returns to screen Veterans and their surviving spouses for all Veteran's benefits. Bring your discharge papers. Membership is not required to meet Ramon. To RSVP, please call (203) 452-5199.

2018 Trip Presentation with our very own, Jeannie Franco

**Monday, July 16th
11:00 AM**

Join Jeannie Franco, Trip Coordinator at the Center, for an exciting presentation to discuss all of our upcoming trips for the remainder of 2018 in addition to our upcoming 2019 trips. Membership is not required. Friends and family are welcomed to attend. Spots will fill up quickly; please RSVP as soon as possible to reserve your seat. To RSVP, call (203) 452-5199.

Don't forget to bring your check book!

Lunch and Learn Estate Planning 101

**Wednesday, July 18th
10:30 AM**

Join Attorney Nicole Camporeale from Floman DePaola Law Office to learn why estate planning is important to protect you and your family now and after your death. This presentation will cover Last Will and Testament, Durable Power of Attorney, Health Care Instructions, and a Revocable Trust. You will also learn the difference between Probate and Non-Probate property and what you need to know about estate taxes. A light lunch will be provided. To RSVP, please call (203) 452-5199.

Fraud Prevention with the Trumbull Police Department

**Thursday, July 19th
10:30 AM**

Join the Trumbull Police Department and our Social Services Coordinator, Jennifer Gillis, for an informative discussion about preventing scams and fraud. Refreshments will be served. To RSVP, please call (203) 452-5133.

Simplify Your Financial Life Wednesday, July 25th

10:30 AM

Join Stephen Archer, Certified Financial Planner, for a presentation about ways to organize and simplify your finances. For more information and to RSVP, please call (203) 452-5199.

AARP Safe Drivers Course Friday, July 27th

9:00 AM—1:00 PM

\$15.00 members and \$20.00 non-members. Checks only please. To RSVP, please call (203) 452-5199.

Monitor My Health Diabetes and Heart Disease Prevention Program

**Monday, July 30th
1:00 PM**

Join Dr. Wade, MD, and Dr. Hershberge, ND, L.AC., RN, to discuss the updated, research-based strategies to prevent or delay the onset and progression of diabetes, heart disease, and high blood pressure. To RSVP, please call (203) 452-5199.

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. Everyone welcome.

Daily Lunch Program

Join us for a hot lunch

Monday-Friday at 11:45 AM.

Reservations required 2 days in

advance. Call (203) 378-3086.

Suggested donation of \$3.25.

Alternative Menu:

Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast. (Egg salad and tuna are substituted.)



The Book Club

July Book:

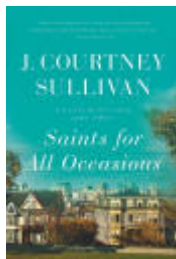
"Where'd You Go, Bernadette?" by Maria Semple.

**Monday,
July 2nd,
11:00 AM**



August Book:

"Saints for All Occasions" by J. Courtney Sullivan
**Monday,
August 6th,
11:00 AM**



Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. \$5.00 for non-residents. If you have a laptop, please bring it in.

Lunch and Movie

Friday, July 20th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: **The Greatest Showman**

Step right up! Movie inspired by the legend and greatest showman there was, P.T.

Barnum—
Starring: Hugh Jackman and Zac Efron To RSVP, please call (203) 452-5199.



Monthly Birthday Party

Friday, July 27th

11:30 AM

Come celebrate our July birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare. To RSVP, please call (203) 452-5199

Super Bingo

Friday, July 27th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

\$5.00 gift cards and refreshments! RSVP by calling (203) 452-5199. Sponsored by the Senior Commission and SYNERGY Homecare.

Sue's Salon

Haircuts, manicures & pedicures
Licensed professional.
call (203) 981-7061

Price List:

Shampoo/set/blow dry: \$15.00
Shampoo/cut: \$18.00, Neck Trim: \$10.00, Color/cut/set: \$50.00 +
Perm/wash/cut/set/blow dry: \$65.00

GAMES

Billiards Monday-Friday.

Call the office to get in touch with other players! Let's get a group going!

Poker Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

Bocce Ball Mondays 9:00 AM

With the welcome of Spring and the beautiful weather, join us outside for a fun game of Bocce Ball.

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays

12:30 PM

New players are welcome to join!

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Yoga with Jeannie-2:00 PM Focuses on rhythmic deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Sit and Fit with Becky and Marylou-10:30 AM A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Qigong with Julie-12:30 PM
CLASSES RESUME AFTER LABOR DAY

Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

Thursdays:

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Gail-10:15 AM
(9 Sessions-July 5th-August 30th)
Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

Feldenkrais with Cathy-11:30 AM
Awareness through movement. Learn the importance of proper movement techniques while sitting.

Fridays:

Dance & Tone with Jeannie-9:00 AM Dance to international music while toning the entire body.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM
This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

CLASSES RESUME AFTER LABOR DAY

Watercolors with Sabine-9:30 AM Water color class taught by Artist Sabine Bonnar. All levels are welcome.

A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM

A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.



NEWS FROM THE OUTREACH DEPARTMENT

ELDERLY AND TOTALLY DISABLED RENTER'S RELIEF PROGRAM: Applications accepted from April 1 to October 1, 2018

ELIGIBILITY REQUIREMENTS:

Applicant must be age 65 or 100% Disabled (18+) older as of December 2017

(***Current proof of disability from Social Security must be provided***)

Applicant must have been a renter in Connecticut during 2017.

ANNUAL INCOME GUIDELINES: SINGLE: \$35,300.00 COUPLE: \$43,000.00 (Cannot Exceed)

PROOF OF INCOME FOR 2017:

- 1) Social Security benefit statement for 2017 (1099) form
- 2) Bank interest statement and dividends for 2017
- 3) Pension Statement/Retirement/Annuity statements for 2017
- 4) Federal Tax Return for 2017 if filed
- 6) Any and all income from 2017 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

PROOF OF EXPENSES PAID IN 2017:

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

Call United Illuminating at (800) 722-5584 and request a "PAYMENT PRINTOUT" for the year 2017.

Please call Social Services to schedule an appointment – NO WALK-INS PLEASE! 203-452-5133

Transportation is available for pantry shoppers.

Call 203-452-5137

(all riders must be at least 18 years of age)

Need a Ride to the Doctor?

We offer rides to and from medical appointments on Mondays, Tuesdays, and Thursdays. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center membership is not required but all riders must fill out a registration form.



Donations are gratefully accepted.

Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611

COUPON COLLECTION

The Social Services department is collecting grocery store coupons for their clients and food pantry savings. Drop off your



WISH LIST

SYMPATHY CARDS AND GREETING CARDS

-GROCERY STORE COUPONS

-DECAF COFFEE

-UNOPENED COOKIES AND CAKES

-UPDATED MAGAZINES

-ADULT COLORING BOOKS + PENCILS

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Not Accepted: inhalers, needles (sharps), hydrogen peroxide, aerosol cans, hazardous waste

Open 365 days/year, 24 hours/day. Trumbull Police Dept. Lobby, 158 Edison Rd.
<http://www.trumbull-ct.gov/TPAUD>



The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, shopping, and the Senior Center. Service animals and assistive devices welcome.

Pick up times for the Senior Center bus are from 8:45am-10am with reservations.

Please note: Trip fees have been added to ensure that trips are not cancelled due to low participation. Due to the high cancellation rate, we ask for your help. Please notify the office at least 72 hours prior to the trip if you can not attend. Refunds will only be given within in 72 hours of the trip.

Old Towne Restaurant and Plasko's Farm and Creamery Thursday, July 19th

You scream, I scream, we all scream for...ICE CREAM! Join us for lunch at Old Towne Restaurant and a trip to Trumbull's own Plasko's Farm and Creamery. Visit Plasko's country store and bakery and try their delicious homemade ice cream at their new creamery. Transportation fee is \$2.00 per person, non-refundable. You are responsible for the cost of your lunch and ice cream.
To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 11:00 AM
- Old Towne Restaurant 11:30 AM –12:30 PM
- Plasko's Farm and Creamery 1:00 PM—2:00 PM
- Bus will return to the Center by 2:15 PM

Stop and Shop Schedule: Call for a pick up (203) 452-5199

- Stern Village: Wednesdays (pick up 9-9:15am)
- Trumbull Residents: Tuesdays (pick up 9:15-9:45am)

Shopping is from 10:00 AM -11:00 AM.

You will be picked up between 9:00 AM-9:45 AM.

The Shuttle Loop: Get a choice!

Must RSVP: (203) 452-5199

Estimated pick up time between 9:00 am-10:00 am
Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, July 5th**
 - **Thursday, July 12th-Trumbull Mall/PriceRite**
- There is a minimum of 4 passengers

The Shore Line Trolley Museum and the Sandpiper Restaurant Tuesday, July 24th

Take a trip back in time to see the restored, historic trolleys while visiting the Shore Line Trolley Museum. Enjoy lunch at the Sandpiper Restaurant. Admission to the museum is \$7.00. Transportation fee is \$2.00, non-refundable; you are responsible for the cost of your lunch.

To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 11:00 AM
- The Sandpiper Restaurant from 11:45 AM-1:15 PM
- The Shore Line Trolley Museum from 1:30 PM-2:30 PM
- Bus will return to the Center by 3:00 PM

Gilbertie's Herbs and Garden Center and the Black Duck Café Thursday, July 26th

Join us for a trip to Gilbertie's Herbs and Garden Center in Westport. One of Connecticut's Certified USDA Organic farms. Enjoy a delicious lunch at the Black Duck Café which was featured on the hit television show Diners, Drive-Ins, and Dives! Transportation fee is \$2.00 per person, non-refundable. You are responsible for the cost of your lunch.

To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- Gilberties Wholesale Farm from 10:30 AM –12:00 PM
- The Black Duck Café from 12:30 PM –2:00 PM
- Bus will return to the Center by 2:30 PM

THE DINING ROOM

Alternative Menu: The chef salads will always contain carrots, cherry tomatoes, spring mix, cucumbers, cheese (cheddar or mozzarella,) and low sodium turkey breast. (Egg salad and tuna are substituted during lunch.) On occasion, beans, lentils, quinoa, corn and beets may be added to the salad.

CW Resources Community Café Trumbull

LUNCH IS SERVED AT 11:45AM

July-18

RESERVATIONS
(203) 378-3086

SUGGESTED DONATION \$3.25

MENU ITEMS
SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Carrot Salad</p> <p>Meatloaf Mushroom Gravy Mashed Potatoes Carrots</p> <p>Fresh Fruit</p>	<p>3</p> <p>Cucumber Tomato Salad</p> <p>Hot Dogs Macaroni Salad Corn on the Cob</p> <p>Italian Ice</p>	<p>4</p> <p><i>Happy Fourth of July!</i> CLOSED</p> 	<p>5</p> <p>Corn Salad</p> <p>Chicken with Bruschetta Topping Brown Rice Peas</p> <p>Fruit Cup</p>	<p>6</p> <p>Three Bean Salad</p> <p>Cheese Ravioli with Rustic Tomato Sauce Romaine Salad Italian Dressing</p> <p>Vanilla Pudding</p>
<p>9</p> <p>Cole Slaw</p> <p>Chicken with Mushroom Sauce Roasted Potatoes Peas and Carrots</p> <p>Fruit Cup</p>	<p>10</p> <p>Asian Slaw</p> <p>Sweet and Tangy Beef Stir Fry with Vegetables White Rice</p> <p>Fresh Fruit</p>	<p>11</p> <p>Minestrone Soup</p> <p>Pasta with Shrimp, Creamy Vegetable Primavera Sauce Broccoli</p> <p>Cookie</p>	<p>12</p> <p>Garden Salad</p> <p>Glazed Ham Sweet Potatoes Spinach</p> <p>Fresh Fruit</p>	<p>13</p> <p>String Bean Salad</p> <p>Spaghetti with Meatballs Roasted Cauliflower</p> <p>Banana Pudding</p>
<p>16</p> <p>Corn Salad</p> <p>Pork with Peppers and Onions Yellow Rice Green Beans</p> <p>Fruit Cup</p>	<p>17</p> <p>Clam Chowder</p> <p>Baked Ziti with Tomatoes and Ricotta Squash</p> <p>Chocolate Cake</p>	<p>18</p> <p>Mixed Greens</p> <p>BBQ Chicken Baked Beans Broccoli Corn Bread</p> <p>Jell-O</p>	<p>19</p> <p>Romaine Salad</p> <p>Pot Roast Onion Gravy Couscous Beets</p> <p>Fruit Cup</p>	<p>20</p> <p>Carrots and Herb Salad</p> <p>Fish with Lemon and Capers Mashed Potato Spinach</p> <p>Fresh Fruit</p>
<p>23</p> <p>Beef Barley Soup</p> <p>Vegetable Frittata Hash Brown Summer Vegetables</p> <p>Brownie</p>	<p>24</p> <p>Red and White Slaw</p> <p>Herbed Chicken Rice Pilaf Winter Blend</p> <p>Fresh Fruit</p>	<p>25</p> <p>Carrot and Herb Salad</p> <p>Roasted Sliced Pork Pan Gravy Mashed Potato String Beans</p> <p>Fruit Cocktail</p>	<p>26</p> <p>Romaine Salad</p> <p>Chili Enchilada Vegetable Medley Salsa</p> <p>Jell-O</p>	<p>27</p> <p>Cherry Tomato with Basil Salad Meat Tortellini with Marinara Sauce Broccoli</p> <p>Fresh Fruit</p>
<p>30</p> <p>Mixed Greens</p> <p>Stuffed Peppers with Ground Beef, Rice, and Sauce Peas</p> <p>Lemon Cake</p>	<p>31</p> <p>Tomato Soup</p> <p>Roasted Garlic Chicken Macaroni Salad Corn</p> <p>Pineapples</p>	<p><u>Alternative Menu: Chef Salads available (reservation needed)</u> The chef salads will always contain carrots, cherry tomatoes, spring mix, cucumbers, cheese (cheddar or mozzarella,) and low sodium turkey breast. (Egg salad and tuna are substituted during lunch.) On occasion, beans, lentils, quinoa, corn and beets may be added to the salad.</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch 2 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 2:00 Yoga	9:15 Fit for Life 3 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	4 The Center will be closed in observance of Independence Day. Happy 4th of July! 	9:00 Balance & Core 5 9:00 The Loop Shopping 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone 6 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 9 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 2:00 Yoga	9:15 Fit for Life 10 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 11 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 11:00 Glass Etching 12:30 Pinochle & Mahjong 12:00 Genealogy 12:30 Qigong	9:00 Balance & Core 12 9:00 Trumbull Mall/PriceRite 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone 13 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 16 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Trips w/ Jeanne 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 17 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 12:30 Veterans Benefits 1:30 Tai Chi Quan	9:00 Yoga 18 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Estate Planning 11:00 Tap Dance 12:30 Mahjong & Pinochle 12:30 Qigong	9:00 Balance & Core 19 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 10:30 Fraud Prevention 11:00 Lunch/Ice Cream Trip 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone 20 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 23 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 24 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:00 Shore Line Museum 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 25 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Simplify Finances 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 26 9:30 Water Colors 10:00 Slim Approach 10:00 Gilbertie's Trip 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone 27 9:00 AARP Safe Drivers 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 12:30 Mahjong & Pinochle 1:00 Super Bingo 1-4 Billiards Game
9:00 Stretch 30 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 1:00 Monitor My Health 2:00 Yoga	9:15 Fit for Life 31 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan			

Genesis

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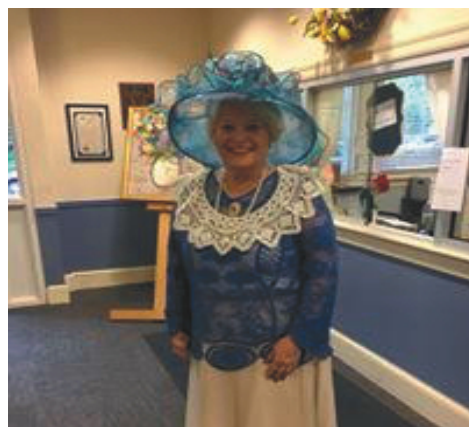
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COMMUNITY NEWS



Trumbull Senior Center's Annual Tea Party



Transportation Resources for Trumbull Residents

In addition to the Senior Center transportation programs, there are alternatives to help meet your needs. Call the Senior Center at (203) 452-5137 if you need any help in signing up for these programs.

- **Veterans-VA Hospital** transportation provides transport for eligible Vets including wheelchair services. 203-932-5711 ext. 3182, 3327
- **United Way 211 — Hotline**

For more information on mobility resources for Southwestern Connecticut, check out "KNOW HOW TO GO." <http://www.knowhowtogoct.org>.

- **Regional Mobility Management Project's Taxi Voucher Program:** Rick Davis, Regional Mobility Manager, at (203) 365-8522 ext. 244.
- **GBT Access: Chin Stolze (203) 333-3031 ext 131**
Door-to-door Transportation



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Trumbull Senior Center

06-5293

DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*

Take a look at our day and overnight trips. Everyone is welcome. **Membership or residency not required.**

E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.

Payment and trip policy forms are required before signing up.

To view all trip flyers, visit the Center or visit our website:

<http://www.trumbull-ct.gov>

2018 Upcoming Trips

- Newport, Return to Camelot
- Museum without Walls
- United Nations/Carmines
- Broadway: Wicked or My Fair lady. Your choice
- Westchester Broadway: Phantom
- Radio City Christmas Spectacular
- Christmas in Cape May (3 days)

Essex Steam Train & Riverboat With Lunch aboard restored

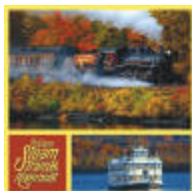
1920's Pullman Diner

Thursday Aug 9th, 2018

\$101.00 Per Person

Enjoy a 3 course lunch!

Includes: Motor coach, lunch, cruise,
tax, gratuities,
driver,
tour director.



Overnight Trips with Friendship Tours

Tour: Nashville Music City

Nashville, TN

Biltmore Estate-Asheville, NC

Opryland Hotel-Grand Ole Opry

Ryman Auditorium-General

Jackson Lunch Cruise

Dates: October 9th-16th

Deposit Date: July 17th

Final Payment: August 21st

Single: \$2,231.00 pp

Double/Triple: \$1,761.00 pp

Block Island Breeze

National Hotel

Monday, August 13, 2018

\$127.00 Per Person

Take a trip on the ferry to Block Island and enjoy an elegant luncheon at the National Hotel. Your guided tour of the island will highlight the picturesque scenery. Visit the many unique shops and endless natural beauty around the island. Includes: transportation, ferry, guided tour, lunch and all taxes.

Tours of Distinction

It's Showtime at the

Delaney House

Lobster Feast and Jeff

Barnhart's Riverside Ramblers

Tuesday, August 14, 2018

\$99.00 Per Person

Depart to the Delaney House, the beautiful facility that overlooks the Pioneer Valley in Western Massachusetts. After a great lobster feast, sit back and enjoy the show! Includes: transportation, complete lunch and show, driver's gratuity.

Getaway Tours

Bobby Rydell at Aqua Turf Club

Thursday, August 16, 2018

\$106.00 Per Person

Enjoy a show and lunch at the elegant Aqua Turf in Plantsville, CT. Family style menu includes garden salad, pasta, chicken parmesan & baked salmon with dill sauce, vegetables, potato, rolls, dessert, beverage

Friendship Tours

Anything Goes,

Westchester Broadway Theatre

Friday, August 30, 2018

\$99.00 Per Person

Enjoy seeing the award winning musical, Anything Goes, at the Westchester Broadway Theatre. Includes: transportation, lunch and show, driver's gratuity

Getaway Tours

The Big E

Wednesday, September 19, 2018

\$55.00 Per Person

The Big E, "New England's Great State Fair," is the premier event each Fall in Connecticut.

Includes: transportation, admission, driver's gratuity.

Getaway Tours

Choctoberfest

Fascia's Chocolate-East Side

Restaurant-Still Hill Brewery

Tuesday, October 9, 2018

Cost \$131.00 Per Person

Head over to Fascia's Chocolates for a full chocolate experience.

Tasting and demonstrations are included. Includes: transportation, tour director, full chocolate experience, German lunch at East Side Restaurant, beer and Brew House Tour, all taxes and gratuities

Tours of Distinctions

Christmas in Cape May

December 4-6, 2018

Includes: transportation, 5 meals, cocktails, lunch at Carmine's, sightseeing tour, reserved orchestra seats to Radio City's Christmas Spectacular, baggage handling, tour director, all gratuities/taxes

Tours of Distinctions